



# Beaufort Clinic

## Choose My Therapy

## Workshop



So, you are thinking about therapy?

**READ BEFORE ATTENDING APPOINTMENT**

Choose My Therapy is a two-session workshop designed to:

- Streamline the therapy referral process and efficiently match veterans with the therapy of their choosing
- Encourage veterans to take an active role in their mental health treatment
- Provide education about effective therapy options to help veterans make an informed choice
- Enhance motivation and develop concrete therapy targets/goals

This Workshop is not a standalone treatment, but an *entry* into therapy.

**When:** Wednesdays 1030 – 1130

**How to attend:** The workshop is *virtual*. You will receive an email with a link that you will click on to join the video conference. On the date of the workshop, click the link about 5 minutes prior to the appointment. **Please have this packet printed or opened on a computer prior to the appointment. You DO NOT need to fill these sheets out ahead of time.** IMPORTANT: If you do not see the video conference email in your inbox be sure to check your spam folder.

You will receive information about session 2 during your first class.

## **RALPH H. JOHNSON VA MEDICAL CENTER – GUIDELINES FOR VA VIDEO CONNECT (VVC)**

1. When signing on to VA Video Connect you will be asked to enter your **name** and **contact information**. Please enter your first name and the first letter of your last name. Also, please enter your location so that we can assist you in the event of an emergency.
2. If you are using your own device for VVC appointments, try to connect with wi-fi; Verizon and T-Mobile are free to use if you are using 4G.
3. TeleMental Health into the Home, also known as VA Video Connect, is not a suitable modality for everyone. You and/or your provider may determine services may be better offered via in-person or over TeleMental Health to a clinic.
4. If there are continuous difficulties with technology (audio/video) VVC may not be an option for you; alternatives will be given to you.
5. **Treat your VVC appointment just as you would a regular doctor's appointment at the hospital or clinic.** Be on time or notify your provider if you will be late or unable to attend. This includes wearing proper attire, conducting the sessions seated in an upright position (not lying down/in bed).
6. Ensure you have **removed possible distractions during session**: Cell phones should be turned off or on vibrate (do not text during session, do not e-mail, use the internet, or engage in any other activities on the computer during sessions); turn off televisions and radios; place pets in another room.
7. Due to the private nature of mental health appointments, you should be alone (no family or friends), unless otherwise agreed upon with your mental health provider. **Please have sessions in a private room.**
8. Be sure to **put your device at eye level** and on a solid surface vs. holding during the session to reduce distractions. Place device in a position to where the provider can consistently see your face.
9. Please be sure to have your **devices fully charged** prior to your scheduled appointment and or plugged into a power source.
10. If you are using your own device and it is an Apple IOS product, you will need to download for free "VA Video Connect" from the App Store. This will ensure that the call is secure and private (encrypted). This software will take up a certain amount of space on your device.
11. Put any other devices connected to the internet to "airplane mode." If using your phone, put "do not disturb" on so the session does not get interrupted.
12. Do not attend sessions while under the influence of alcohol or illegal drugs. No smoking during session.







## **FIRST LINE TREATMENT: STRUCTURED THERAPY**

In many cases, options below are offered individually, in a class, by video, and/or in-person.

<b>Primary Symptoms</b>	<b>Therapy Name</b>	<b>Description of Therapy</b>
Overwhelming feelings of sadness, hopelessness, withdrawing from others, lack of activity or motivation, etc.	Cognitive Behavioral Therapy for Depression (CBT-D)	CBT-D explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to improve mood (12-16 weeks). <a href="#">CBT-D Information</a>
	Acceptance and Commitment Therapy for Depression (ACT-D)	Gaining greater acceptance of difficult emotions, thoughts, or circumstances. Veterans will work on identifying their values and take action to improve their quality of life (12-16 weeks). <a href="#">ACT-D Information</a>
	Interpersonal Psychotherapy for Depression (IPT-D)	IPT focuses on improving mood by supporting positive relationships. IPT helps the veteran address relationship problems caused by life changes, relationship conflicts, grief, or other issues (12-16 weeks). <a href="#">IPT Information</a>
Chronic uncontrollable worry about everyday life, panic episodes, OCD, etc.	Cognitive Behavioral Therapy for Anxiety (CBT-A)	CBT-A explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to reduce fears and worry (8-12 weeks). <a href="#">CBT-A Information</a>
Substance use	Cognitive Behavioral Therapy for Substance Use Disorders (CBT-SUD)	CBT-SUD explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to make and maintain changes to substance uses and improve overall quality of life. (12 weeks) <a href="#">CBT-SUD Information</a>

	<b>Motivational Enhancement Therapy (MET) for Alcohol and/or Substance Use</b>	MET helps to elicit and strengthen motivation for change. It involves a brief assessment followed by a conversation with your provider aimed at helping you decide what changes, if any, you would like to make in your alcohol and/or other substance use. (2-4 monthly sessions) <a href="#">MET Information</a>
<b>Avoiding trauma reminders (e.g., specific places/situations/memories), nightmares, intrusive memories, etc.</b>  <b>PTSD treatment</b> <a href="#">Decision Aid Tool</a>	<b>Cognitive Processing Therapy (CPT)</b>	CPT focuses on decreasing symptoms of PTSD by exploring the relationship between thoughts and emotions. Veterans work through trauma beliefs related to safety, trust, power/control, esteem, and intimacy. (12 weeks) <a href="#">CPT Information</a>
	<b>Prolonged Exposure (PE)</b>	PE helps Veterans regain control of their lives by helping them approach the trauma-related thoughts, feelings, and situations they avoid due to the distress they cause. Methods used include exposure to real-world reminders of trauma and talking through the trauma memory. (8-15 weeks) <a href="#">PE Information</a>
	<b>Written Exposure Therapy (WET)</b>	WET addresses PTSD symptoms by helping veterans face trauma memories in a safe and supportive environment. You will write about your trauma for the majority of the session & briefly review the experience of writing with your therapist. (5 weeks) <a href="#">WET Info</a>
	<b>Prolonged Exposure in Primary Care (PE-PC)</b>	Brief PE (4-6 sessions, 30 minutes each)

	<b>Research therapies</b>	Our Research Team has a variety of options of studies. Some include trauma therapy or medication. Some are specifically for MST survivors.
<b>Sleep problems</b>	<b>Cognitive Behavioral Therapy for Insomnia (CBT-I)</b>	CBT-I focuses on changing thoughts and behaviors to help with difficulties falling and staying asleep. (6 weeks) <a href="#">CBT-I Information</a>
<b>Anger</b>	<b>Cognitive Behavioral Therapy for Anger Management</b>	This therapy helps Veterans build coping skills to better manage strong negative emotions with an emphasis on anger. (10 weeks; Virtual)
<b>Chronic pain</b>	<b>Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)</b>	CBT-CP focuses on changing thoughts and behaviors to improve pain management and quality of life. (12 weeks) <a href="#">CBT-CP Information</a>
	<b>Women's Chronic Pain Management Group</b>	CBT-CP group with a special emphasis on chronic pain issues specific to women. (10 weeks; Virtual)
<b>Relationship conflict</b>	<b>Integrative Behavioral Couples Therapy (IBCT)</b>	IBCT reduces conflict and encourages intimacy through acceptance and skills strategies. Completed together with partner. (12-26 weeks; Virtual)
<b>Body image or food related distress</b>	<b>Intuitive Eating Group</b>	Intuitive Eating helps Veterans who are struggling with body/weight/food-related issues learn how to make peace with food from a non-diet perspective. Topics covered include rejecting diet mentality, honoring hunger & fullness, body respect, & learning how to cope without misusing food. This group is not appropriate for Veterans with an active eating disorder. (12 weeks; Virtual)



## **SECOND LINE TREATMENT: COPING SKILLS CLASS**

<b>Primary Symptoms</b>	<b>Therapy Name</b>	<b>Description of Therapy</b>
Avoiding Trauma Reminders (e.g., specific places/situations/memories), nightmares, intrusive memories, etc.	PTSD Growth & Recovery After Trauma Class	Post trauma therapy class designed to assist Veterans with maintaining their PTSD recovery and achieving posttraumatic growth. <b>Tuesday @ 900 Virtual</b>
	Women's MST Class	Class involves a mix of education on recovery topics (e.g., managing anger, sleep, coping with stress, unhelpful thinking traps) and opportunity for discussion. <b>Monday @ 1300 Virtual</b>
	Women's Health and Healing After Trauma Class	Class for female survivors of sexual trauma designed to enhance trauma recovery skills with an emphasis on general health and wellbeing. <b>Thursday @ 1300 Virtual</b>
	PTSD Support Group	Support group for combat Veterans. <b>1<sup>st</sup> &amp; 3<sup>rd</sup> Friday @ 1100 In-Person</b>
Anxiety	Mindfulness & Coping With Anxiety Class	Class provides skills to reduce symptoms of anxiety. Each session begins with a 10-15 minute mindfulness practice and then covers one of eight different anxiety coping skills. <b>Monday @ 830 Virtual OR Thursday @ 1100 Virtual</b>
General Distress	Guided Imagery Class	Mindfulness meditation class with an emphasis on guided imagery. <b>Every Other Monday @ 1500 Virtual</b>

	<b>General Skills Class</b>	Learn skills to better manage anxiety, depression, and irritability. <b>Friday @ 1000 Virtual</b>
<b>LGBTQ</b>	<b>LGBTQ Support Group for Veterans</b>	Open support group meant to create connections among LGBTQ Veterans. <b>One Friday Per Month @ 1530 Virtual</b>
	<b>LGBTQ Health Education &amp; Support Group</b>	Assists in developing and strengthening the LGBTQ identity with a focus on health education topics. <b>Monday @ 1530 Virtual</b>

### **THIRD LINE TREATMENT: COPING SKILLS, SELF-GUIDED**

Mobile phone apps are available so that you can build coping skills on your own schedule. See here for a full list of VA Mobile Apps for Mental Health: [VA Mobile Apps](#).

<b>Primary Symptoms</b>	<b>Description</b>	
<b>Sleep Problems</b>	CBT-I Coach app	App store
	Insomnia Coach	
	Path to Better Sleep for Veterans	Online module. <a href="http://www.VeteranTraining.va.gov/Insomnia">www.VeteranTraining.va.gov/Insomnia</a>
<b>Anger</b>	AIMS for Anger Management	Online module. <a href="http://www.veterantraining.va.gov/aims">www.veterantraining.va.gov/aims</a>
<b>General Distress</b>	Mindfulness Coach app	App store
	Mood Coach app	
	COVID Coach app	
	Moving Forward: Overcoming Life's Challenges	Online module. <a href="http://www.VeteranTraining.va.gov/MovingForward">www.VeteranTraining.va.gov/MovingForward</a>

	My Recovery Plan	Online module. <a href="https://www.veterantraining.va.gov/recovery/index.asp">https://www.veterantraining.va.gov/recovery/index.asp</a>
<b>PTSD</b>	PTSD Coach  MST Coach  CPT Coach  PE Coach  PTSD Family Coach	App store
<b>Depression</b>	ACT Coach	
<b>Relationship distress</b>	Couples Coach	App store
<b>Whole Health / Complementary and Integrative Health</b>	Acupuncture & Acupressure	Talk with us for more information.
	Tai Chi Class	Video class through RHJ Whole Health.
	Veteran Spiritual Care Group	Weekly 20-minute session of Christian scripture, meditation, and contemplation through VA Maine, <b>Thursdays</b> 2pm. <a href="#">WebEx link</a> ; Meeting number (access code): 2761 395 5709; Meeting password: LectioDivina@137
	Stay Quit Coach for Smoking Cessation	App store

## Good Resources to Have

### For Women Veterans

- Women Veteran Call Center: [Trust her to find answers - Women Veterans Health Care \(va.gov\)](#)
- [Women's Mental Health | VA Charleston Health Care | Veterans Affairs](#)

### Military Sexual Trauma

- [Military Sexual Trauma \(MST\) | VA Charleston Health Care | Veterans Affairs](#)

### VBA Benefits

- [Home | Veterans' Affairs \(sc.gov\)](#)
- Regional Office, 1-800-827-1000
- Beaufort County Office of Veterans Affairs
  - Carl Wedler, (843)-255-6880
- Jasper County Office of Veterans Affairs
  - Alton Jenkins, (843)-726-7727
- Colleton County Office of Veterans Affairs
  - Janet D. Smith, 843-549-1412
- Hampton County Office of Veterans Affairs
  - Sharon Johnson, 803-914-2085, 803-914-2087

### Vet Centers

- [North Charleston](#) 3625 West Montague Avenue North Charleston, SC 29418, (843)-789-7000
- [Savannah](#) 321 Commercial Drive Savannah, GA 31406, (912)-961-5800

### Miscellaneous

- Enroll in MyHealtheVet [premium](#), which is free, to have access to Secure Messaging with your healthcare providers
- Ask VA online question portal: <https://ask.va.gov>

